

E-Cigs, Vapes, and Juuls

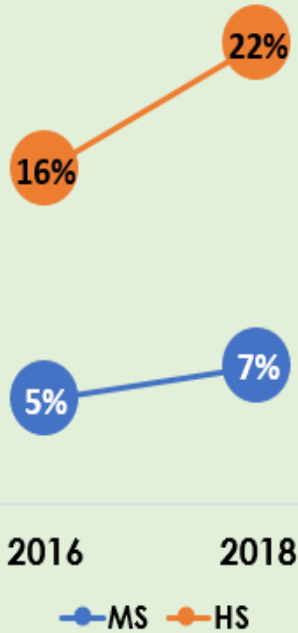
Ashley Bergeon

Coordinator

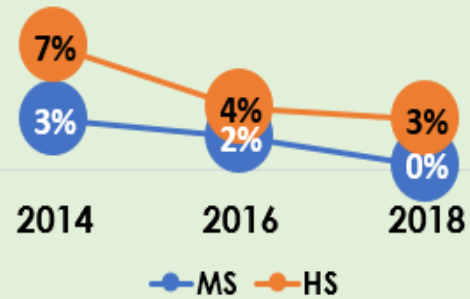
Kalamazoo County Substance Abuse Task Force

30 Day Use for Tobacco Products

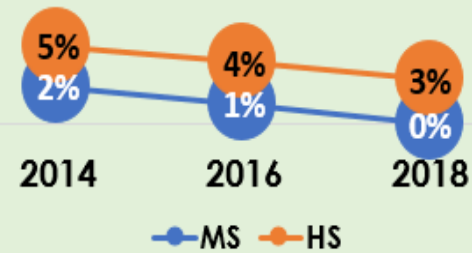
E-Cigs



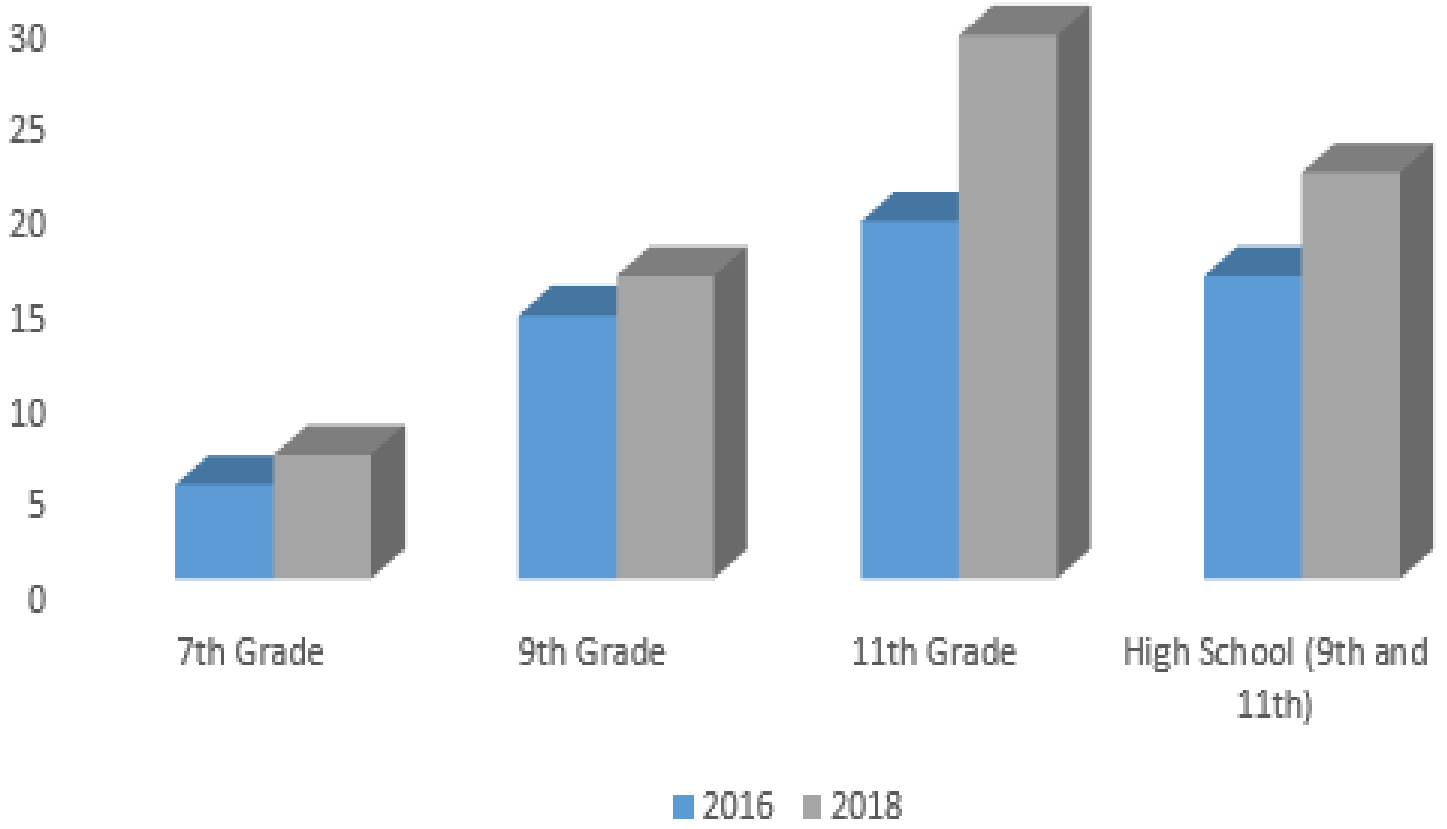
Cigarettes



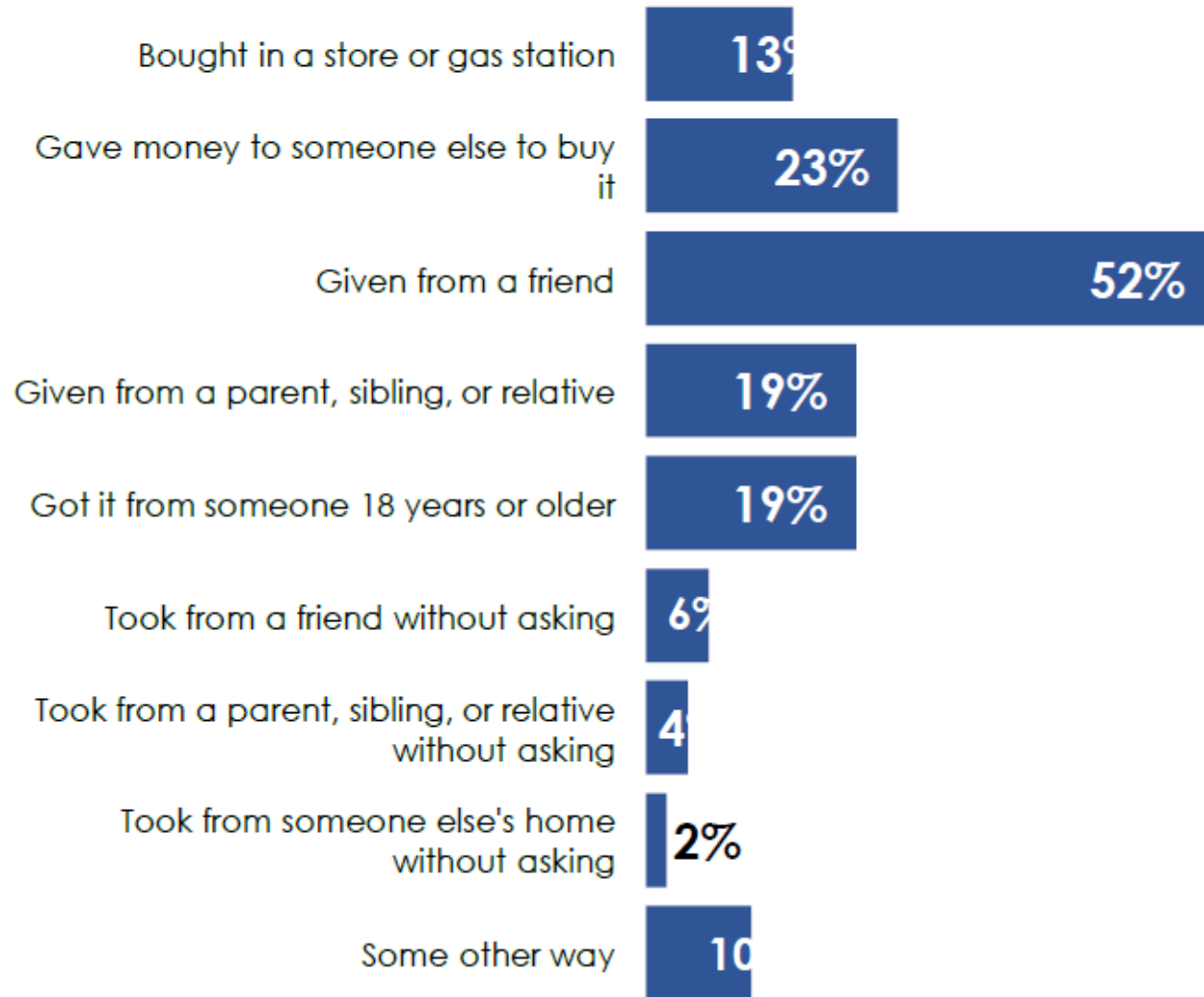
Cigars & Cigarillos



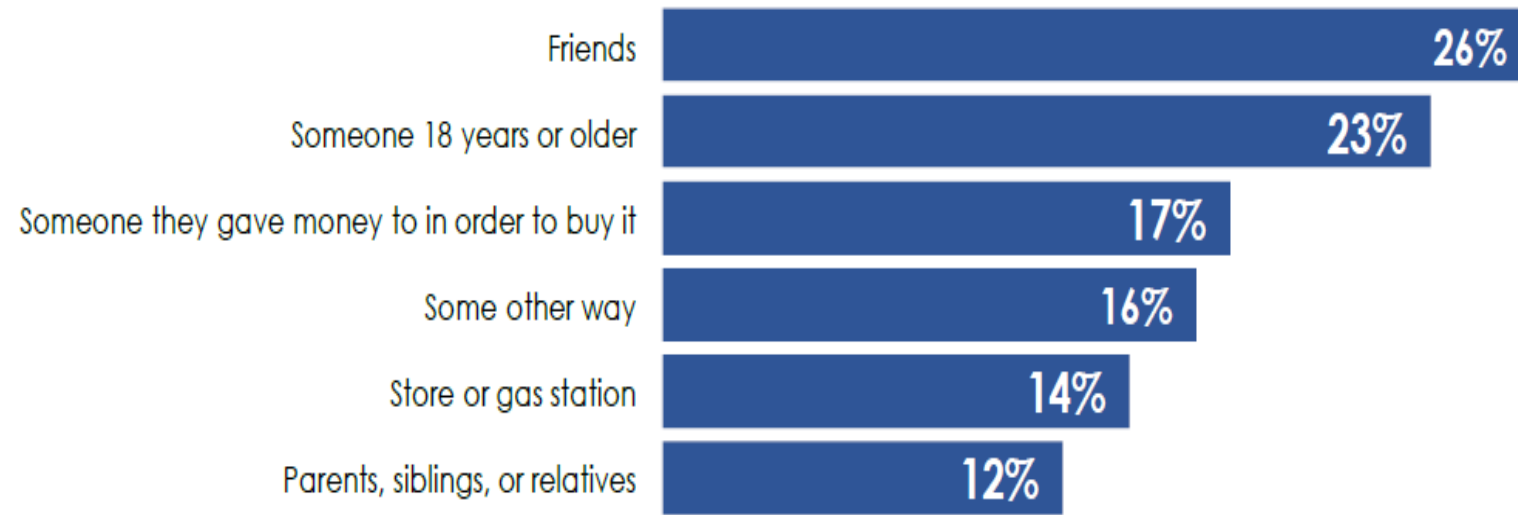
Recent E-Cigarette Use by Kalamazoo County Middle and High School Students



In the past 30 days, if you used an electronic vapor product, where did you access it?



Students I know buy electronic vapor/e-cig products at the following places:



What the Data is Telling Us

- ▶ Students who used vapor products less than 10 times in the past 30 days most often got it from friends.
- ▶ Students who abused prescription drugs are most likely to be using other substances as well, with 71% also reporting having used an e-cigarette. Just over 60% of students using marijuana are also using e-cigarettes.
- ▶ Almost 1/3 students felt it was easy to obtain e-cigarettes for themselves. Over half felt it was easy for their peers to obtain e-cigarettes.
- ▶ This is a BIG problem

1 in 5 teens have tried an *e-cigarette*.



Learn more at
kzootaskforce.com



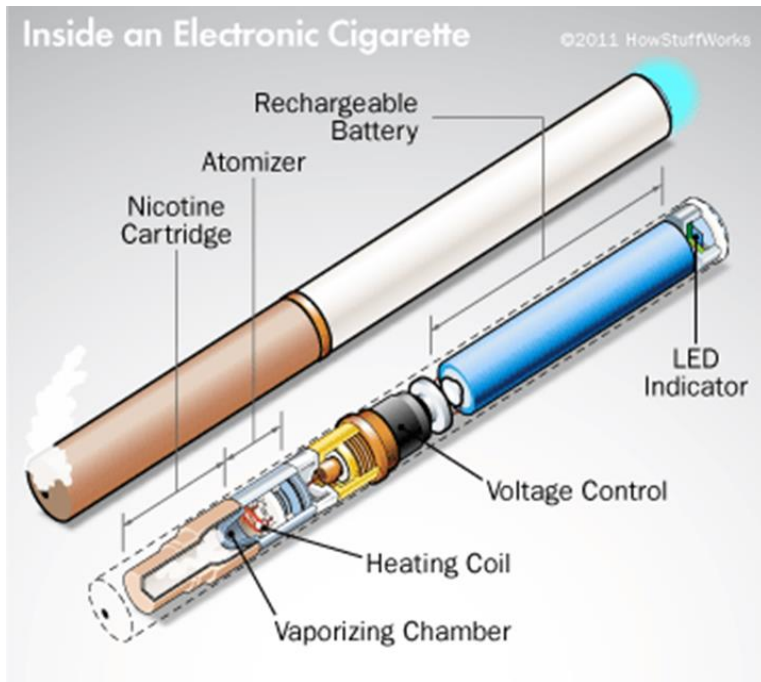


Most Vapes & E-cigs contain *nicotine*.

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What Are E-Cigarettes?



- ▶ Allows user to inhale aerosol containing nicotine and/or other substances.
- ▶ Disposable or rechargeable and/or refillable.
- ▶ Contain a cartridge filled with liquid nicotine, flavorings and glycerin or propylene glycol.
- ▶ When coil heats, it converts the contents of the cartridge into aerosol.

What E-Cigarettes Are NOT

- ▶ E-cigarettes are NOT an approved U.S. Food and Drug Administration (FDA) quit tobacco device and should NOT be marketed as such.
- ▶ 9/22/15: U.S. Preventive Services Task Force: “the evidence on the use of ENDS for tobacco cessation is insufficient...”
- ▶ E-cigarettes are NOT a safe alternative to other forms of tobacco.



Concerns

- ▶ Lack of regulation
- ▶ FDA has not been regulating the manufacture of e-cigarette components or contents...until
- ▶ FDA finalized its deeming rule on May 5, 2016, Went into effect August 8, 2016
- ▶ Social norm reversal.
- ▶ Marketed to maintain addiction.
- ▶ Playing out of Big Tobacco's playbook:
 - ▶ Back on TV.
 - ▶ In the workplace.
 - ▶ False health claims.
 - ▶ Aimed at youth. (flavors)

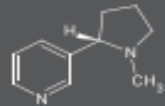
E-Cigarettes In Schools

- ▶ Discreet and easy to conceal
- ▶ Changing styles and looks: Educators can't often keep track of emerging styles and trends
- ▶ Students slipping them in sleeves and using in class
- ▶ Vapor may smell like perfume or cologne
- ▶ Students may congregate in bathrooms at lunch or between classes
- ▶ Smoke detectors do not detect vapor
- ▶ Teachers, school resource officers, and administrators do their best to identify and confiscate, but the trend is increasing at a rate that makes it difficult to control
- ▶ Youth and Parent perceptions that it's "safer" than cigarettes

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



VOLATILE ORGANIC COMPOUNDS

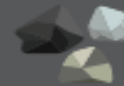


NICOTINE

ULTRAFINE PARTICLES



HEAVY METALS SUCH AS NICKEL, TIN, AND LEAD



FLAVORING SUCH AS DIACETYL, A CHEMICAL LINKED TO A SERIOUS LUNG DISEASE



CANCER-CAUSING CHEMICALS



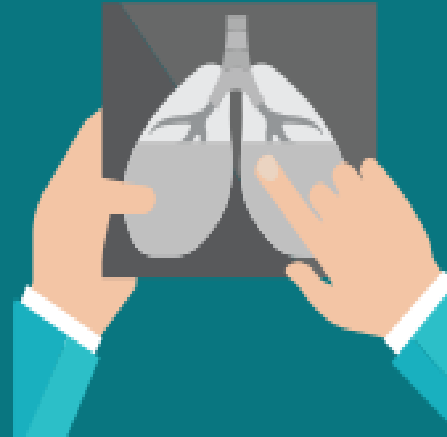
1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



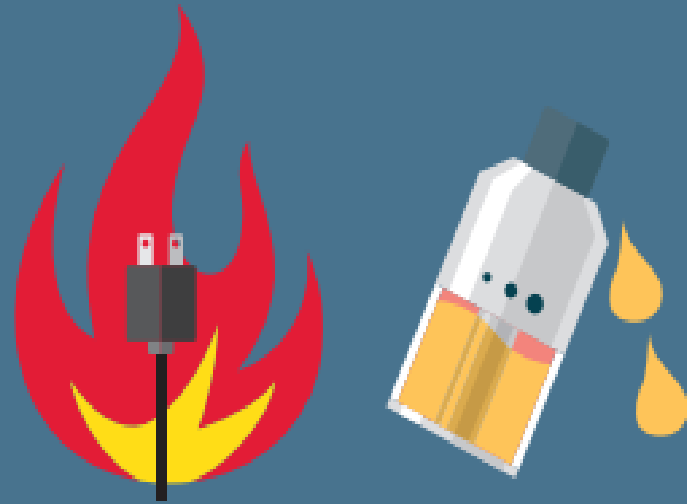
Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

» This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.





TALK TO YOUR CHILD ABOUT SMOKING E-CIGARETTES AND TOBACCO USE.

Smoking e-cigarettes is linked with an increased chance of starting to smoke cigarettes, cigars and/or hookahs. Short frequent discussions can have real impact on your child's decisions about smoking. You can have these talks during informal times like traveling to athletic practice or while watching television.

How do I get started?

- Show you disapprove of e-cigarette and tobacco use – research shows that parents are a leading influence on young people's decision to use substances or not.
- Show you care about your child's happiness and well-being, and that if they have questions about e-cigarettes and tobacco they can ask you.
- Build your child's skills and strategies for avoiding e-cigarette and tobacco use. Practice how they can refuse these substances, such as "I'm having a good time without smoking" or developing a code word your child can use when they need help getting out of a difficult situation.
- Be clear about your concerns and develop family rules together, no matter the age.

What the Task Force is Doing

- ▶ Awareness, Education, and Training
- ▶ Collecting and Analyzing Data
- ▶ Policy Change at the Local Level

Contact

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